

Mustang Message

We're Building Tomorrow

November 9, 2011

Franconia Elementary



These kindergarten students in Ms. Price's room enjoyed exploring pumpkins. They used nonstandard measurement to determine that the circumference of their pumpkin was 16 rings or 26 blocks. They compared the weight to determine it weighed more than a bag, but less than a book. They even discovered that a pumpkin floats when put in water.

When putting their hands in a pumpkin to get seeds, these kindergarten students described the feeling perfectly...goeey and slimy. We think they nailed it!

A Message from the Principal...

Recently Sharon Begley and Jean Chatzky reported on scientists' emerging understanding of people's ability to delay gratification in a recent *Newsweek* article. Humans seem to be hard-wired for instant gratification, thus seeking what they want now rather than later is much more desirable. When you think of today's culture with Facebook, cell phones, video games, instant messaging, Twitter and the like, it's understandable. Quick access is not only satisfying our need for getting it now, it's encouraging it!

In the 1960s Walter Mischel "marshmallow" experiment, 4 year olds were left in a room with a marshmallow after being told that if they waited until the experimenter returned, they could eat two marshmallows. As you can imagine, some children gobbled up the marshmallow and others waited for the second treat. Over the years, it was discovered that the ones who were able to delay gratification scored higher on the SAT and were less likely to be obese, addicted to drugs and to be divorced and the brain's thoughtful, rational prefrontal cortex was more active.

So what does this mean for our children? From experience, we know that learning is not a process of instant gratification. In fact, concepts and skills build upon each other and oftentimes desired results are not always immediate. Students who have a strong desire instant gratification may lose interest, become easily frustrated or even exhibit behavior problems in school. Even though it appears the odds are stacked against our young people, we can help them train their brains to recognize that delaying instant gratification can bring a greater payoff in the future. To boost your child's ability to wait for rewards, you can try:

- Strengthen the short-term "working" memory. Research has shown that people who worked to improve their memories place more value on the future. Help your child identify a goal and visualize himself achieving the result. Then help him identify the steps needed to get there. Remind him to picture the "mental image" of his success as he works toward the goal.
- Encourage our child to defer gratification through practice. Help your child understand that doing schoolwork and homework produce better grades next month; and saving an allowance means a bigger purchase later. Model your thinking aloud. "If we do our chores by Friday, we can spend Saturday at the festival." This will help him build willpower and patience.

For more on this interesting article, go to: "The New Science Behind Your Spending Addiction" by Sharon Begley with Jean Chatzky in *Newsweek*, Oct. 30 2011, <http://bit.ly/tvAXTi>

Merrell V. Dade
Principal

Thanksgiving luncheon on November 11

We are looking forward to seeing our Franconia families for our annual Thanksgiving Luncheon and Open House on Friday, November 11. Please remember that all lunches for guests on that day must be pre-ordered. Complete the Thanksgiving reservation form located on the front page of our website <http://www.fcps.edu/FranconiaES/>.

Human Growth and Development preview night for grades 4, 5 and 6

On Thursday, November 17, in the Clermont Elementary School (5720 Clermont Drive, Alexandria, VA 22310) at 7:00 p.m., interested parents will have an opportunity to learn about the Human Growth and Development program for 4th, 5th, and 6th grades and to preview materials that will be used. Franconia will be holding Human Growth and Development during the week of December 12.

Plan ahead for the Thanksgiving holiday

On Wednesday, November 23, Franconia students will be released 2 hours early. Dismissal will be at 1:35 p.m. instead of 3:35 p.m. Please mark your calendars!

Keep an eye on your child's lunch account

Once your child's lunch account gets below \$10.00, the cafeteria will give your child a sticker or a stamp on the hand. Typically, your child will have enough money for 2-3 more lunches, depending on what is purchased. If your child does not have lunch money, the PTA will fund cereal and milk. If your child does receive a PTA-funded lunch, please make sure you directly reimburse the PTA. Donations to the PTA lunch fund are greatly appreciated. If you'd like to donate, you can send your money to the cafeteria manager, Ms. Host or send your money directly to the PTA with a note indicating how you would like the money used.

Thanksgiving Luncheon & Open House Schedule November 11, 2011

Teacher	Open House Time	Lunch Time
Yortzidis	Room 134 - 9:35-10:05	10:10-10:40
Younger	Room 132 - 9:45-10:15	10:20-10:50
Richardson	Room 133 - 9:55-10:25	10:30-11:00
Kennedy-Labat	Room 13 - 10:05-10:35	10:40-11:10
Jackson	Trailer 7 - 10:15-10:45	10:50-11:20
Snyder	Trailer 5 - 10:20-10:50	10:55-11:25
Omar	Trailer 4 - 10:25-10:55	11:00-11:30
Dzubinski	Trailer 11 - 10:30-11:00	11:05-11:35
Moorstein	Trailer 12 - 10:35-11:05	11:10-11:40
Hicks	Trailer 10 - 10:40-11:10	11:15-11:45
Wooster	Trailer 1 - 10:50-11:20	11:25-11:55
Henceroth	Trailer 2 - 11:05-11:35	11:40-12:10
Flint	Trailer 3 - 11:20-11:50	11:55-12:25
Price	Room 107 - 11:35-12:05	12:10-12:50
Kinghorn	Room 109 - 11:55-12:25	12:30-1:00
Huffman	Room 111 - 12:00-12:30	12:35-1:05
Madigan	Room 106 - 12:05-12:35	12:40-1:10
Correll	Trailer 6 - 12:10-12:40	12:45-1:15
Gillmarten	Trailer 8 - 12:15-12:45	12:50-1:20
Thompson	Trailer 9 - 12:20-12:50	12:55-1:25
Stump	Room 124 - 12:25-12:55	1:00-1:30
Reynolds	Room 121 - 12:40-1:10	1:15-1:45
Frakes	Room 123 - 12:55-1:25	1:30-2:00

A Note from the Nurse

By Julie Pellman Webb, RN, BSN

Another school year is well under way and with it comes the concern of many parents about lice. Lice are tiny creatures that get into hair and are spread ONLY by close contact with another who has them. Close contact is considered to be head to head contact or the sharing of hats, coats, head bands, brushes, etc. In order to keep from spreading lice, please instruct your children not to share these things. Lice do not jump or fly, nor do they carry disease. In most cases, lice are not contracted at school.

If you have any questions regarding lice or, in case your child does get lice, please call the health room 703-822-2210, and we will be happy to give you information regarding the treatment of them.